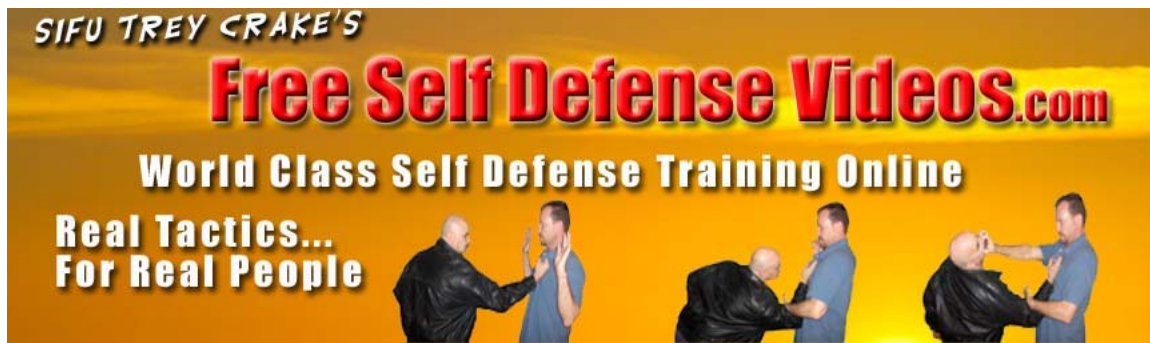




The Greatest Self Defense Technique In The World!

This e-book is FREE to distribute. Feel free to include on your web site, in your ezine, or email it to friends and family as long as you do not alter its contents.

Disclaimer!

The information presented in this manual is for informational purposes only. Dragon Claw Publications, Inc., nor any of the participants pictured in this manual bear any responsibility for any injury that might occur from the practice, or actual execution of any of the techniques presented herein. Readers of this information assume all risk and liability.

Warning: The techniques demonstrated here should only be used in defense. You should first seek to remove yourself from a dangerous situation or get help before using the methods illustrated in this manual. These techniques can, and may very well, cause permanent damage to your opponent. These methods should only be used when you feel your life itself is being threatened.

The purpose of this manual is to teach you to escape from a dangerous and potentially lethal situation- NOT to teach you how to fight.

Your goal is to escape; to remove yourself safely from the threat.

This manual will be delivered and read all over the world. Laws in different countries and territories vary. It is your responsibility to learn and understand the laws pertaining to defending oneself in your area. And, what the law states concerning what constitutes “reasonable force” and “excessive force”.

The above information is just good, common sense and shall be considered before you find yourself in a tough situation.

After reading this manual (and training in these methods) you will have the knowledge and skill to handle the majority of self defense encounters in a safe, quick, and efficient manner.

Introduction

Thank you for downloading this manual.

Imagine...discovering a single technique so devastating and versatile that it can be used by men, women, and children to easily and effectively “shut down” and attacker in a fraction of a second... a technique that could instantly transform you from a potential victim, into a victor!

With almost thirty years of martial arts and self defense training, I have determined this to be “**The Greatest Self Defense Technique In The World.**”

Although the theory is similar to some other styles and other methods taught, I have never seen this particular technique presented in the way the way that you will see it here.

This technique was taught to me by Grandmaster Norman Pedelahore as part of the curriculum found in [Dragon Claw Kung Fu](#).

It is called the “**finger thrust strike**”. The nature name is “flying feathers”.

There are many systems that included techniques where the practitioner pokes or jabs a finger into the eye of their opponent. And, in theory, the technique makes sense.

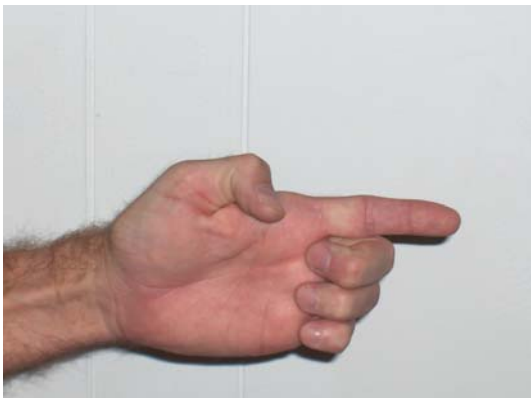


Fig. 1

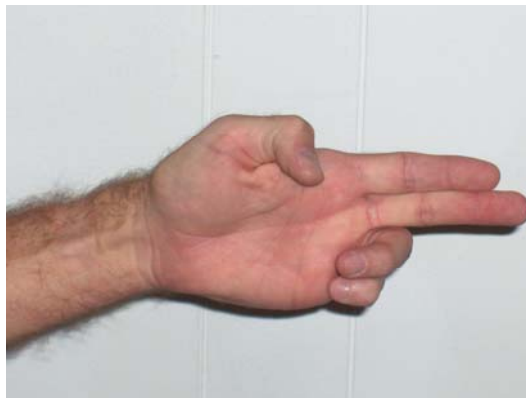


Fig. 2

Some systems recommend poking with a single finger to the opponent's eye (Fig. 1). Others include a second finger for strength (Fig. 2).

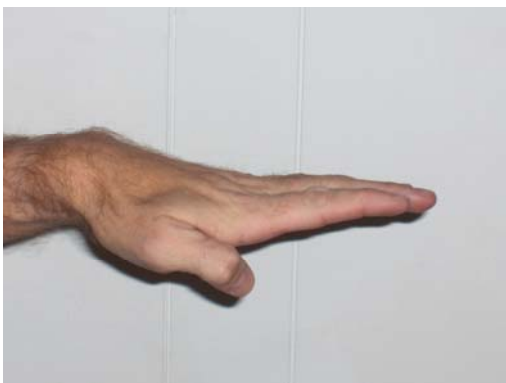


Fig. 3



Fig. 4

Still, others use all fingers, either held flat (Fig. 3), or shaped into a larger rounded weapon (Fig. 4).

You should also understand that these techniques were developed at a time when the participants were hard core, and were willing to spend months or even years conditioning their hands. This was to strengthen and toughen them into hardened weapons. They would typically strike sand, then gravel with their fingertips as a daily ritual.

For most people today, it is not important to condition body parts into lethal weapons. People just don't care to, or don't have the time. And, quite frankly, I don't blame them. It would be different if our society included fighting for our lives on a regular basis.

The method you will learn here will eliminate the need of any conditioning, and will still be more effective than any of these other methods.

The fingers were conditioned primarily to strike soft vulnerable parts of the opponent's body- particularly to the eye. The main problem with these other methods is that you have one weapon- your finger, striking to one target- an eye. And what surrounds the eye? A very hard, bony, structure.

We all understand that if you found yourself in a life-threatening situation, the adrenaline is pumping, and your mind and your motor skills are not at their best. So, if you are a little off in your execution of a “one weapon-one small target” technique, what is likely to happen?

Your aim will be slightly off. Or, your opponent will flinch or react to your effort and move slightly. Then, your straight-finger strike lands against a hard, bony surface, jamming your finger(s) and making your attacker mad!

Not good.

The best way.

In [Dragon Claw Kung Fu](#), we begin by spreading the fingers of the hand. Not necessarily as far as you can, but you do want a wide spread. Next, we bend the fingers slightly.



Fig. 5

Now, we have four weapons, striking not one, but two targets (both eyes). Now, what are your chances at an effective execution? What if some of your fingers strike a hard bony surface? They will bend and collapse- without injury (Fig 5).

More on the correct hand position

To really illustrate the proper hand position for this technique, imagine placing your hand flat on the top of a basketball (Fig. 6). Now maintain that same hand position as you lift your hand from the ball (Fig. 7).



Fig. 6



Fig. 7

Note: You must develop (through training) the automatic formation of this particular hand shape to be effective!

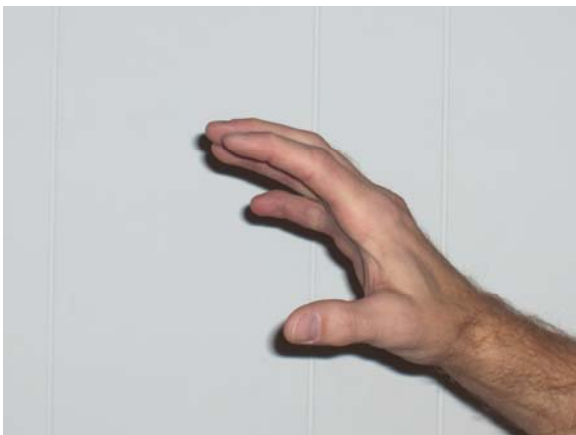


Fig. 8



Fig. 9

Now, to continue toward an effective striking position you will let your wrist drop down (Fig. 8). Allow your fingers to point straight toward the target(s) (Fig. 9)

Execution

There are some particulars that you will need to understand.

You want the strike to be in a forward direction. That may sound like common sense, but in fact, it does require distinction. Many times people will have a tendency because of the most common “set up” for this technique, to arc the path of their strike toward their attacker. (Illustrated Below Fig. 10-12)



Fig. 10



Fig. 11



Fig. 12

Although this method might seem fine and effective, in fact, it could cause an immediate failure in your defense, and a defeat in the situation.

If you “telegraph” (a term used in martial arts; meaning to make some subtle motion that tips off your opponent that you are striking) your strike by cocking your hand back or shaping your hand into a striking shape, your attacker could see this and react by moving his head backward. This could easily cause your strike to swing past your attacker’s face and miss altogether.



Fig. 13



Fig. 14



Fig. 15



Fig. 16

It is important that your strike be on a straight plane to, and through, the target; aiming toward the back of the head (Fig 13-16).

In [Dragon Claw Kung fu](#), we teach to always strike through your target. Never just to the target. So, if the eyes are the target, we want to strike through, to the back of the head. This will insure, that if our attacker does perceive our initial movement (which you will discover in this manual is highly unlikely!) and tries to move back, your strike will still achieve the intended result.

Note: This also means that you will have to determine your reach distance with this strike, and be close enough to strike through the target (covered later in this manual).

Methods of training

We will train this technique from two primary stances- from the side, and from the front.

Position One



Fig. 17



Fig. 18



Fig. 19

Facing your opponent from the side (preferred), we will place our lead hand, relaxed, on our chest (Fig. 17). As we strike, we will lift the elbow up and allow it to point toward our target (Fig. 18) for an instant as we move the hand in a straight line to our target. As our hand moves toward the target, it takes on the proper striking shape as described earlier. The hand, then becomes stiff as it reaches the target (Fig. 19).

This whole process takes literally, a fraction of a second.

Tip: Try to keep your arm relaxed. By staying loose, your strike will be much faster. “Shoot” in into the target.

Practice this over and over and over.

Once you get these mechanics down, move to this method: Continue this motion, but don’t get into a rhythm. Relax completely. Clear your mind between strikes. Look at your (imaginary) target, and in an instant, a mere “flinch”, STRIKE! Then repeat- again and again.

You, perhaps have heard the old saying when describing something really fast, “in the blink of an eye”. You are better than that!... In less than the blink of an eye!



Fig. 20

Next, practice this technique by moving your upper body toward your target when you strike. Lean in and execute. This will help you in “closing the gap” on your attacker (catching him off guard) and give you some more power with your strike (Fig. 20).



Fig. 21

Then, take a small step toward your attacker when you execute. Remember, this guy is attacking you. He is not expecting to be attacked. This will allow you to catch him at a time when he is unprepared to attack or defend (Fig. 21).



Fig. 22



Fig. 23



Fig. 24

Note: Most people will tend to “rock” backward in their stance before they move forward, because they have to take the weight off of their front leg to step. Don’t do this. As your attacker is moving in, allow your weight to shift back as you withdraw from your attacker’s forward aggression. This will put you in a perfect striking position naturally, and undetected, by your opponent (Fig. 22-24).

Position Two

Assume a natural stance facing your opponent. This is not preferred. But, could be the position you find yourself in, due to a number of possible scenarios.



Fig. 25

Let your striking hand find its way to your chest. You could just lay your hand on your chest, which could be a common posture for someone who appears nervous (Fig. 25).

Practice your striking methods as described earlier (standing, leaning, and stepping). Remember to lift the elbow as you strike (Fig 26-28)



Fig. 26



Fig. 27



Fig. 28

Extra Method: You can also use this technique effectively while leaning away from your opponent. Some attackers will attempt to intimidate you by invading your personal space. Just lean away (you are psychologically drawing them in), and when they move into easy range, strike! This is actually a principle taken directly from

[Dragon Claw Kung Fu](#):

“Appear far (from your opponent), yet,... be close!” (Fig. 29-31)

After you strike, quickly move back and to the side, because, if their momentum was forward, they may fall forward into you!



Fig. 29



Fig. 30



Fig. 31

Additional recommended training methods

Partner training

Find a partner willing to practice with you. Acquire from an office supply store, a heavy weight, flexible plastic notebook divider sheet (they usually come in a pack), or a piece of X-ray film.

As your partner holds the sheet in front, practice your different striking methods.



Fig. 32



Fig. 33



Fig. 34



Fig. 35

Be sure and strike through the target.

Practice stationary, leaning, and stepping forward (Fig. 32-35).

Great Exercise:

Next, ask your partner to try to move the target out of the way as soon as they see you move. This will give you great feedback as to whether you are “telegraphing” your strike.

If they are able to move the target before you are able to land your strike, one of two things is wrong- either you are too slow (practice more, and stay relaxed!), or you are doing something without realizing it, that your partner is detecting. If this is the case, ask them, “What do you see?” “What am I doing to reveal my strike?”

Work to improve.

By the way, using the stepping method is a little slower. And, may be detected and prevented often by your partner. But, remember, your partner is relaxed and attentive, and knows exactly what you are going to do. Your attacker will be uptight, expecting you to be the victim, and unaware of your impending attack.

If you doubt this, try this experiment (for fun). As your partner holds the target and watches for your move, pick up your lead foot quickly and kick out toward your partner’s groin. They will move the target and get kicked in the groin! (potentially, of course; we wouldn’t really kick our partner in the groin!) This is because he is looking for, and expecting the hand strike. Your opponent will not be expecting to be struck.

Additional training methods

- Have your partner hold the target at arm’s length in front. Get him to walk toward you. You will develop timing by being able to move forward and strike the target just as your opponent (the target) moves into range (Fig. 36-37).



Fig. 36



Fig. 37

- Let your partner hold the target at different angles, at different heights, and different distances from you. Learn to strike under various conditions. You can close your eyes, let your partner place the target in a particular position, and say “Go!”. Open your eyes and strike! (Fig. 37-38)



Fig. 37



Fig. 38

- Let your partner stand behind you and hold the target in different places. He says “Go!”, and you turn and strike (Fig. 39-41).



Fig. 39



Fig. 40



So, how do we use all of this great training?

Fig. 41

I'm so glad you asked.

Here's where this really becomes fun.

Ask you partner to grab your wrist.

Note: Don't hand them your wrist. Make them reach for it. (You would never offer your wrist to an attacker!).

As they grab, raise you other hand to your chest in a non-threatening posture, lean away, then, instantly move forward, and strike! (Fig 42-44)



Fig. 42



Fig. 43



Fig. 44

Note: Be sure and use protective gear- headgear with face shield or safety glasses when practicing with a partner. It's also a good idea to aim for the forehead when practicing. Ladies, if you have long nails, practice with gloves. Be safe!

Let them grab across to the other wrist. Same thing! (Fig. 45-47)



Fig. 45



Fig. 46



Fig. 47

Let him threaten you with a poking gesture (Fig. 48-49).



Fig. 48



Fig. 49

How about a double lapel grab? (Fig. 50-52)



Fig. 50



Fig. 51



Fig. 52

What about a neck choke? (Fig. 53-55)



Fig. 53



Fig. 54



Fig. 55

Alright. You get the point. Have some fun with this. Use your imagination!

Special Note: If you think you have something unique- a particular training drill or application, send it to us. We may include it in one of our feature articles or downloads at www.freeselfdefensevideos.com, and give you credit!

Stage Two

It's time to move to the next level.

Once properly learned, this technique is fairly simple to execute from a grab or a stationary threat.

But, what about if someone is approaching you, and your gut is telling you something was wrong?

If you are approached by a stranger, it is important to try to determine their intentions before they get close enough to strike or grab you.

As they are approaching, simply raise your hands up in front of your body with your palms facing forward, and ask, "Hey, What's going on? What do you want?" (Fig 56)



Fig. 56

They may try to use some ploy to get close enough to attack you. Ex: "Can you help me?" "Do you have a light?" "Can you give me directions?" "My car ran out of gas, and I was wondering if you could spare some change?"

Many times these tactics are used by criminals to get permission to advance.

Holding up your hands in this manner is a universal sign for “stop”. At this point, any sincere individual will realize you are uncomfortable with their approach and stop. You are also asking them a question that requires a response. If they don’t stop, you know his intentions are bad.

It’s time to get out of there, get someone else’s (anybody’s) attention, or prepare to eliminate the threat.

Note: This manual is not designed to cover all of the possible mental and physical considerations. Many tips regarding these topics will be covered in future articles and manuals from www.freeselfdefensevideos.com.

Tip: If there is a car close by, get to it. If you can get a car between yourself and an attacker, you can buy some valuable moments by moving in opposite directions from someone on the other side. Scream and yell to get anyone’s attention.

Back to our situation...

It’s time to be pro-active. First, make sure they are not holding a weapon in their hands.

Note: It is not possible within the restrictions of print media to effectively discuss knife and gun applications. So, my recommendation toward a knife or gun scenario, is to give them what they want and hope they are satisfied. (It’s a good idea to toss what they ask for, at them, then run).

Warning: If they are trying to take you away, to a remote location, I would take my chances where I stood, by fighting or running. **These are decisions you will have to make for yourself.**

Back to our approaching attacker...

Understand that in order to grab or strike you, they must get close enough. As the attacker continues to move toward you, step backward with one foot and raise your hands with your palms facing your opponent. Don’t extend your arms, but keep them in fairly close to your body. Assume a non-threatening posture.

If you know an attack is eminent, you want to use the element of surprise and allow your attacker to get close. You want to appear nervous, threatened, and withdrawn. Take a deep breath. Say something like, “Please, I don’t want any trouble. Please...”. You are just waiting now for him to move into striking range.



Fig. 57

Watch his feet and notice his stepping. His feet will always lead his body. As he takes the step that will allow his body to shift forward to reach you, you are ready to strike. (Appearing far, but being close) (Fig. 57)



Fig. 58

Now, as his weight shifts from his rear foot to his front foot, you quickly shift forward and strike with your lead hand (Fig. 58).

You strike him before he has a chance to set up his attack.

Then, get out of there! (Fig 59)



Fig. 59

This technique is the “great equalizer”!

Effects on your attacker

Striking the eyes will invoke a visceral response- a response that is natural, instinctive, automatic, and predictable.

The reaction will be to close the eyes and lean forward, or close the eyes, lean forward, and turn away- to the side or to the rear.

They will not be able to see. The sudden unexpected attack will immediately interrupt their intention.

It shuts down their aggression and causes them to withdraw mentally and physically.

This effect instantly “turns the tables” on your attacker.

Conclusion

With training comes skill. With skill comes confidence. It's your confidence in your ability that will make you more than a survivor- it will make you **victorious!**

I hope you have enjoyed this manual on

“The Greatest Self Defense Technique In The World”

Special Notice:

Although I truly believe the material presented in this manual is practical, valuable, and in an easy-to-follow format, pictures on a page cannot fully relate the devastating reality of this training and applications.

It is for this reason, that I have produced:

[\(The Greatest Self Defense Technique In The World Video Course including
The Greatest Self Defense Combinations In The World\)](#)

If you are interested in seeing first hand the “live” speed, power, and effectiveness of **The Greatest Self Defense Technique In The World**, you can receive the comprehensive video course by clicking [HERE](#).

By Choosing to receive the video version, you will also get

“The Greatest Self Defense Combinations In The World”

To add follow up techniques to the techniques presented here and... To help you maximize your defense skills, build your confidence, and help to destroy any threat.

To receive the video version of this information, plus several extra bonuses, click here:

[\(The Greatest Self Defense Technique In The World Video Course including
The Greatest Self Defense Combinations In The World\)](#)

Stay tuned to www.freeselfdefensevideos.com for more valuable self defense information.

Tao Te Ching (The Way and the Power)

Sifu Trey Crake

Dragon Claw Publications, Inc.

Email: sifucrake@freeselfdefensevideos.com